

A COMPREHENSIVE APPROACH OF MANAGEMENT IN ASRIGDARA

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ABSTRACT

Asrigdara is a common gynaecological complaint of women which affects her quality of life. It is one of the common Raktapradoshaj vikara manifesting as excessive menstrual bleeding or a condition having features different than normal menstrual blood. It can be compared to Abnormal Uterine bleeding (AUB) which is the term used for any alteration in menstruation resulting from increased amount, duration or frequency. Quality of life is affected as it is associated with pain and discomfort, AUB leads to loss of productivity.^[1] AUB affects 9 to 14% women between menarche and menopause.^[2] In India, the reported prevalence rate is around 17.9%.^[3] A variety of treatments have been described in Ayurveda for Asrigdara including shodhana and shaman chikitsa. Treatment must remain individualized to address the management of AUB in order to achieve improves quality of life.

KEYWORDS: Asrigdara, Raktapradoshaj vikara, Shodana, Shaman, AUB.

INTRODUCTION

Asrigdara is defined as excessive menstrual bleeding or prolonged duration or having features apart from normal menstruation denoting features of specific dosha. Acharya Charaka has mentioned Asrigdara vyadhi as one of the Raktajapradoshaj vikara^[4] and as a symptom of pitta avrutta apana vayu^[5] and its management is discussed in Yonivyapad adhyay in chikitsa sthana. Acharya Sushruta has described it as a seprate disease in Shukra shonit shaarir adhyay.^[6] Due to pradirana(excessive excretion) of raja (menstrual blood), it is named as pradara and since, there is dirana (excessive excretion) of asrk (menstrual blood) its is called

as asrigara. It can be compared with Abnormal Uterine Bleeding. Abnormal uterine bleeding in patients of reproductive age is a bleeding pattern which is not consistent with normal menstrual parameters. (frequency, regularity, volume and duration).

MATERIALS AND METHOD

Thorough review of ayurvedic texts and modern literature was done and is discussed here.

Ayurvedic Aspect

Nidana

As Per Acharyas^[7,8]

Sr.No	Category	Nidana	Dosha Prakopa
1.	Aaharaja	Viruddhashana, Ajeerna Lavana, Amla Katu Rasa	Rakta Dushti Pitta Vriddhi, Rakta Dushti
		Adhyashana, Gramya Mamsa, Dadhi, Mastu, Sura	Vata Kapha Rakta Dushti Pittakara
		Madhya Sevana	Dhatu Kshaya
2.	Viharaja	Yana, Adhva, Bhara	Vata Dushti
		Atimaithuna	Vata Pitta Dushti
		Divaswapna	Kapha Dushti
3.	Manasika	Shoka	Pitta Dushti
4.	Anyas	Abhigata	Vata Rakta Dushti
		Garbhapata	Dhatukshaya, Vataprakopa

According to Modern medicine,

PALM-COEIN is a use acronym provided by FIGO to classify the underlying etiologies of Abnormal Uterine Bleeding.^[9]

The first portion of PALM, describes structural issues and the second portion COEIN, describes non-structural issues.

P – Polyp

A – Adenomyosis

L – Leiomyoma

M – Malignancy and hyperplasia

C – Coagulopathy

O – Ovulatory Dysfunction

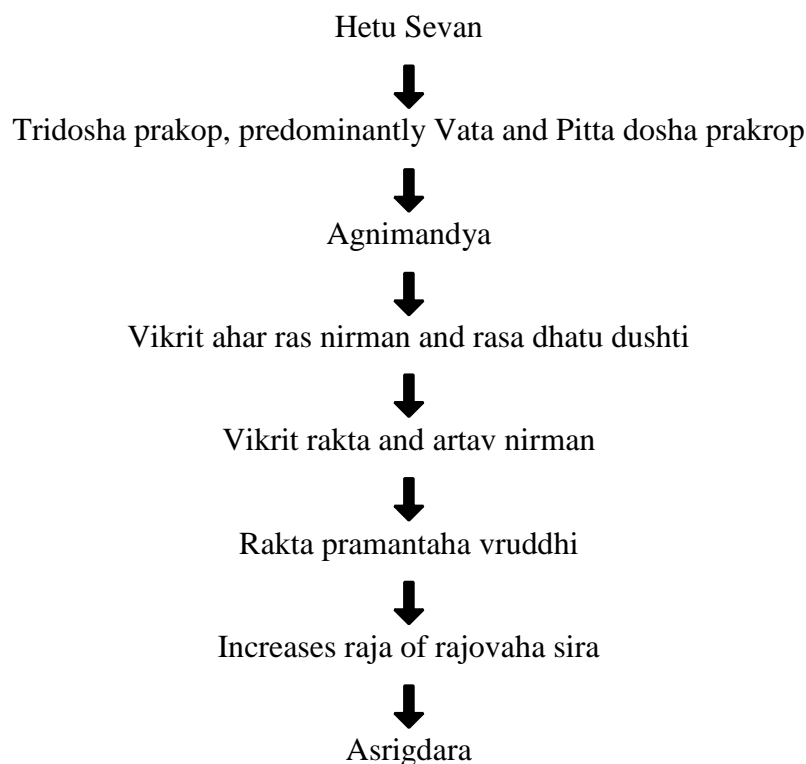
E – Endometrial disorders

I – Iatrogenic

N – Not otherwise classified

AUB not otherwise classified contains rare etiologies and includes arteriovenous malformations, myometrial hyperplasia, and endometriosis.

Samprapti



Samprapti Ghatak

- Dosha – Vata Pitta Pradhana.
- Dushya – Rakta (pradhana), Rasa.
- Agni – Jatharagnimandya.
- Adhithana – Garbhashaya, Artavavahi Strotas.
- Strotasa – Raktavaha, Aartavaha, Rasavaha.
- Rogamarga – Abhyantara.^[10]

Samanya Lakshana^[11]

- Raja Atipravrutti (Excessive bleeding)
- Deerghakalanubandhi (Prolonged Menstruation)
- Angamarda (bodyache)

- Pravrutam Anrutavapi (Intermenstrual bleeding).

Types

- Vataja
- Pittaja
- Kaphaja
- Sannipataja

Sadhya Asadhyatva

According to all the acharyas Sannipataja Asrigdara is Asadhya.

According to Harita – Women suffering from Trushna (thirst), Daha (burning sensation), Jwara (Fever), Kshinarakta (Anemia), Durbala (Generalized Weakness).^[12]

Chikitsa Siddhanta

According to Acharya Charaka all the chikitsa which are mentioned for Vataladi yoniroga should be done in all the types of asrigdara. Similarly all treatments prescribed for Raktasisara, Raktapitta and Raktarsha should be done in Asrigdara.^[13]

The General principles of treatment of Asrigdara are as follows.

- **Raktasthapana Dravya**

Rakta is called as Jeevan^[14] as per texts so administration of drugs which will help in Rakta Sthambana and Raktasthapak dravyas should be used. Heavy blood loss can lead to lead to Anemia which can cause associated symptoms oh headache and fatigue. Low iron stores in adolescents with heavy menstrual bleeding are associated with fatigue and decreased cognition specifically affecting verbal learning and memory.^[15] So Raktastambhana should be readily done in Asrigdara.

- **Nidana Parivarjana**

Nidana plays the prime role in the initiation of pathogenesis which proceeds towards the development of any disease. Hence it is the chief principle of treatment in Ayurveda.

All the nidanas such as excessive intake of Lavana (Salty), Amla (Sour), Katu (Spicy), Vidaahi (Producing burning sensation), Payasa, Sukta, Mastu should be avoided.

• Dosha Shodhana

Diseases treated with Shodana Chikitsa has negligible chance of recurrence because vitiated doshas are expelled from the body.

- 1. Virechana** – Virechana has been indicated in pradara as the predominant dosha is pitta. Virechana is the best shodana therapy for Pitta. Acharya Charak has suggested the use of Mahatikta Ghruta for Virechana in Pittaja Asrigdara.^[16]
- 2. Basti** – Asrigdara vyadhi occurs due to the vitiation of Vata and basti is the best line of treatment for Vata Dosha. Classics have mentioned the use of Uttara basti in Asrigdara.^[17]

• Dosha Shamana

Vitiated Doshas can be brought down to normal by using various Abhyantara and Bahya Prayoga.

Eg – Shatapushpa taila Nasya and Abhyanga.^[18]

• Use Of Tikta Rasa

Tikta Rasa pacifies Pitta Dosha. It helps in Dosha Pachana and Agnideepana, Raktasangrahana^[19], and Lekhan Karma.

Eg – Vasa, Lodhra, Ashoka etc.

Different Formulations used for Internal and External use in Asrigdara.

Sr.No		Drugs
1	For Anuvasana Basti	<ul style="list-style-type: none"> • Madhukadi Taila • Shatapushpa Taila
2	For Asthapana Basti	<ul style="list-style-type: none"> • Kushadi Asthapana Basti • Rodhardi Asthapana Basti
3	Kwath	<ul style="list-style-type: none"> • Darvyadi Kwath • Dhataki and Pugi kusum Kwath • Nyagrodhadi Kwath
4	Kalka and Churna	<ul style="list-style-type: none"> • Atibala moola with madhu and sharkara. • Udumbar phala with madhu and sharkara
5	Ksheera Prayoga	<ul style="list-style-type: none"> • Ashoka valkala kwath siddha ksheera.
6	Modaka	<ul style="list-style-type: none"> • Alabu phala modaka • Malay phala modaka
7	Avaleha	<ul style="list-style-type: none"> • Jeerakaavleha • Khandakushmanda avaleha • Kutajasthak Leha

8	Ghrita	<ul style="list-style-type: none"> • Shalmali Ghrita • Shatavari Ghrita • Mahatikta Ghrita
9	Rasaushadi	<ul style="list-style-type: none"> • Pradararipu Rasa

RESULTS AND DISCUSSION

In Ayurvedic classics all gynecological disorders comes under a common heading Yonivyapada. Asrigdara may always not be life threatening but it can cause a nuance in day to day activities. Complications of Asrigdara includes weakness, giddiness, burning sensation, dyspnea, delirium, anemia and other disorders due to aggravation of Vata dosha. Precautionary measures include all the etiologies than has been described in Raktapradar. As the drugs which are mostly used in treating drugs are Titka, Kashaya and Madhur it is designed so as to break the pathophysiology. Tikta and Kashaya rasa both due to their gunas have Raktasthambak properties. Madhur guna gives the much needed Bala and pacifies Daha, Bharna, Murccha etc caused due to Asrigdara. As Basti and Pitta are the respective first line of treatment for Vata and Pitta which are vitiated in Asrigdara both of the karmas can be used to treat Asrigdara.

CONCLUSION

Asrigdara is prolonged and excessive and at times intermenstrual bleeding accompanied with or without bodyache. Aggravated Vayu, withholding the Rakta (blood) vitiated due to Nidana Sevana, increases its amount and then Raja carrying vessels of the uterus immediately increases the amount of Raja (Menstrual blood). After studying different research articles and Ayurvedic classics, the general principle of treatment of Asrigdara are – Nidana parivarjana, Dosha Shodana, Dosha Shamana, Rakta Sangrahana, and Use of Tikta Rasa which helps in the regulation of excessive bleeding. After reviewing the aspect of Asrigdara as per Ayurveda it can be said that entities discussed in the article are safer, reliable and effective therapies.

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